

FLAVOURS

TASTE : SUCCESS



SOUTH DAKOTA
STATE UNIVERSITY



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TASTE : SUCCESS

In a world where time is at a premium, those instances where people come together deserve to be special. Whether celebrating an achievement or planning future success, it is during these gatherings where the power of human connectivity is elevated. This same connectivity is what makes Flavours decidedly different.

Flavours is about more than great food. It's about a team of dedicated professionals who are united by a common passion to deliver a successful catering experience.

This Flavours guide will take you through the planning process for your catered event. We will be happy to meet with you to create a signature selection that meets your specific needs. Contact us or visit our website to plan your perfect event

 = Mindful  = Vegetarian  = Vegan  = Plant Based

We can also accommodate Gluten Free requests.


Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. The breakfast buffet includes coffee & hot tea service.

CLASSIC CONTINENTAL BREAKFAST

12 guest minimum | \$7.79 per guest

Seasonal fresh fruit with choice of breakfast breads. Includes condiments, coffee and hot tea service.


INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)
A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF THREE:

Muffins  (each | 160-230 cal) Croissants  (each | 200 cal)

Mini Scones  (each | 190-200 cal) Breakfast Breads  (each | 250 cal)

Butter and Assorted Jam

HEALTHY WAY CONTINENTAL BREAKFAST

12 guest minimum | \$8.79 per guest

Seasonal fresh fruit, Greek yogurt, granola bar, oatmeal with toppings and cage-free hard-boiled eggs. Includes coffee and hot tea.

INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Cage-Free Hard-Boiled Eggs  (each | 80 cal)

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Granola Bars  (each | 90 cal)

Steel Cut Oatmeal  (8 oz. | 170 cal)

Served with:

Whole Milk  (1 tbsp. | 10 cal)

2% Milk  (1 tbsp. | 10 cal)

Unsweetened Almond Milk  (1 tbsp. | 0 cal)

Cinnamon Brown Sugar Topping  (1 tsp. | 15 cal)

Mini Chocolate Chips  (1 tbsp. | 60 cal)

Sweetened Dried Cranberries  (1 tbsp. | 30 cal)

Pecan Pieces  (1 tbsp. | 50 cal)

Fresh Whole Strawberries  (1 tbsp. | 5 cal)

Fresh Blueberries  (1 tbsp. | 5 cal)



BREAKFAST: MORNING BUFFETS

BAGEL CONTINENTAL BREAKFAST

12 guest minimum | \$7.99 per guest

Seasonal fresh fruit with choice of bagel flavors. Includes condiments, coffee and hot tea service.

INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF THREE BAGELS:

Plain Bagel  (4 oz. | 290 cal) Sesame Bagel  (4 oz. | 300 cal)

Cinnamon Raisin Bagel  (4 oz. | 290 cal) Whole Wheat Bagel  (each | 280 cal)

Cream Cheese  (1 oz. | 70 cal), Light Cream Cheese  (1 oz. | 60 cal) and Strawberry Cream Cheese  (1 oz. | 70 cal)

PLANT POWERED CONTINENTAL BREAKFAST

12 guest minimum | \$9.99 per guest

Seasonal fresh fruit, avocado toast, farmer's market breakfast bowl, breakfast salad, coffee and hot tea.

INCLUDES:

Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

Avocado, Hummus & Tomato Toast  (each | 210 cal)

Toasted Italian bread topped with hummus, avocado, cherry tomatoes and red pepper flakes

Farmer's Market Breakfast Bowl  (each | 320 cal)

Hash browns, quinoa, scrambled tofu, kale, avocado and green onions

Grape Tomato Salad  (each | 150 cal)

Fresh grape tomatoes tossed with shallots, garlic, dill and extra virgin olive oil

BREAKFAST: MORNING BUFFETS, continued



BREAKFAST BUFFET

15 guest minimum | \$13.19 per guest

Start with seasonal fresh fruit, then customize your buffet with your favorite breakfast breads, sides, meats and an egg dish. Includes condiments, coffee and hot tea.

INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries



Coffee & Hot Tea Service  (12 oz. | 0-5 cal)

CHOICE OF THREE:


Sliced Plain Mini Bagel  (each | 90 cal) Mini Butter Croissant  (each | 80 cal)

Mini Danish  (each | 130-170 cal) Mini Scones  (each | 190-200 cal)


Muffins  (each | 160-230 cal) Mini Chocolate Croissant  (each | 190-200)

Cream Cheese  (1 oz. | 70 cal), Light Cream Cheese  (1 oz. | 60 cal) and Strawberry Cream Cheese  (1 oz. | 70 cal)


CHOICE OF ONE:

Hash Browned Potatoes with Onion & Thyme   (1/2 cup | 170 cal)

Sweet Potato Hash with Shallots & Kale   (1/2 cup | 110 cal)

French Fried Tater Tots   (1/2 cup | 190 cal)

Hash Browned Potato   (1/2 cup | 90 cal)

Home Fried Potatoes   (1/2 cup | 90 cal)

CHOICE OF TWO:


Bacon Slices (1 slice | 35 cal) Sausage Links (1 link | 110 cal)

Turkey Sausage Link (1 link | 45 cal)

Turkey Bacon (1 slice | 25 cal)

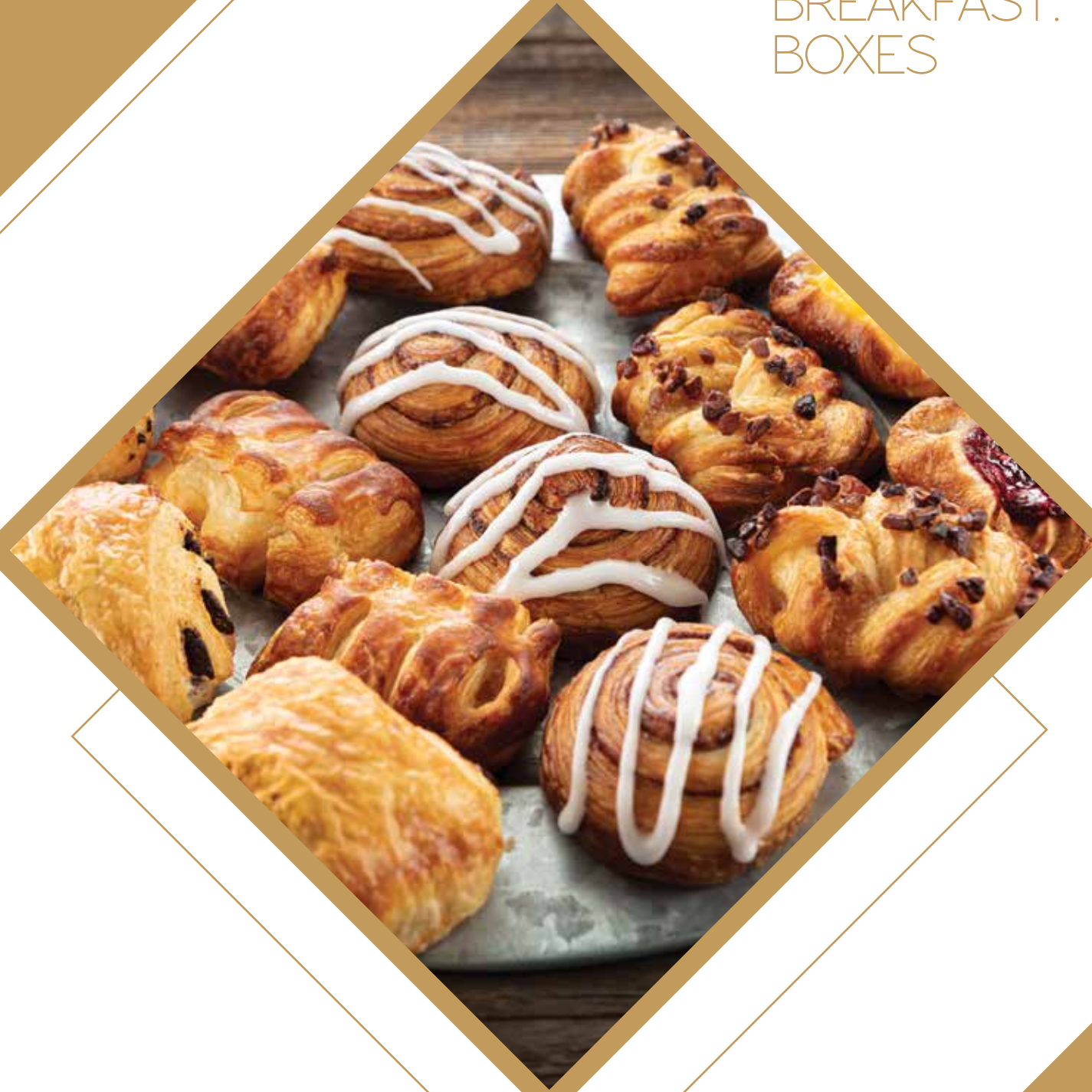
CHOICE OF ONE:

Seasoned Scrambled Egg Whites  (1/2 cup | 90 cal) Seasoned Scrambled Eggs  (1/2 cup | 180 cal)

Cholesterol Free Scrambled Eggs  (1/2 cup | 120 cal) Scrambled Tofu   (1/2 cup | 130 cal)

Cage-Free Hard-Boiled Eggs  (1 egg | 80 cal)

BREAKFAST: BOXES




Breakfast boxes are the perfect solution for casual morning gatherings. Boxes are available for pick up or delivery with set up. Each package has a curated selection of the most popular breakfast items such as fresh fruit and house-baked pastries all packaged for an easy-to-serve individually boxed meal. Packaging includes eco-friendly service ware and cutlery.

CLASSIC BREAKFAST BOX

12 guest minimum | \$8.99 per guest

Seasonal fresh fruit, choice of breakfast bread, granola bar, cage-free hard boiled eggs or yogurt. Includes condiments.

INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

CHOICE OF ONE BREAKFAST BREAD:

Mini Butter Croissant  (each | 80 cal)

Mini Chocolate Croissant  (each | 100 cal)

Classic Blueberry Muffin  (each | 170 cal)

CHOICE OF ONE GRANOLA BAR:

Granola Bar  (each | 90 cal)

Peanut Butter Granola Bar  (each | 100 cal)

Oats & Honey Granola Bar  (each | 90 cal)

CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Egg  (2 eggs | 160 cal)

SIGNATURE BREAKFAST BOX


12 guest minimum | \$10.09 per guest

Seasonal fresh fruit, blueberry muffin, choice of breakfast sandwich & cage-free hard boiled eggs or yogurt. Includes condiments.

INCLUDES:

Mixed Fruit Cup  (1 cup | 35 cal)

A mixture of cantaloupe, honeydew melon, pineapple and red grapes

Classic Blueberry Muffin  (each | 170 cal)

CHOICE OF ONE BREAKFAST SANDWICH:

Bacon, Cage-Free Egg and Cheese on a Croissant (each | 220 cal)

Ham and Gruyere on a Croissant (each | 240 cal)

BLT with Avocado on a Bagel (each | 310 cal)

CHOICE OF ONE:

Chobani Nonfat Vanilla Greek Yogurt  (4 oz. | 80 cal)

Cage-Free Hard-Boiled Egg  (2 eggs | 20 cal)

ADD ON BEVERAGES

Bottled Water  \$1.99 each (20 oz. | 0 cal)

Orange Juice  \$2.29 each (12 oz. | 150 cal)

Apple Juice  \$2.29 each (12 oz. | 160 cal)



BREAKFAST: A LA CARTE

Upgrade your breakfast with la carte selections such as house-baked pastries & fruit.

BREAKFAST BAKERY

A variety of mini and regular baked goods sold by the dozen.

- Muffins \$17.99 per dozen (1 each | 160-230 cal)
- Bagels \$19.79 per dozen (1 each | 280-300 cal)
- Mini Danish \$16.99 per dozen (1 each | 130-170 cal)
- Mini Croissants \$17.99 per dozen (1 each | 80-100 cal)
- Croissants \$20.99 per dozen (1 each | 200 cal)
- Mini Scones \$17.99 per dozen (1 each | 190-200 cal)
- Breakfast Breads \$17.99 per dozen (1 each | 250 cal)
- Cinnamon Roll Flats \$17.99 per dozen (1 each | 120 cal)

FRUIT

An array of fresh fruit options.

- Fresh Seasonal Sliced Fruit Platter 12 guest minimum | \$3.99 per guest (3 oz. | 35 cal)
A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries
- Banana \$1.09 per guest (3 oz. | 140 cal)
- Apples \$1.09 per guest (1 each | 90 cal)
- Orange \$1.09 per guest (1 each | 70 cal)
- Grapes \$1.09 per guest (3 oz. | 60 cal)
- Mixed Fruit Cup 12 guest minimum | \$2.59 per guest (1 cup | 35 cal)
Mixture of cantaloupe, honeydew melon, pineapple & red grapes

YOGURT \$1.99 each

- Chobani Nonfat Blueberry Greek Yogurt (1 each | 90 cal)
- Chobani Nonfat Vanilla Greek Yogurt (1 each | 80 cal)
- Chobani Nonfat Strawberry Greek Yogurt (1 each | 90 cal)
- Strawberry Banana Non Fat Lite Yogurt (1 each | 90 cal)
- Blueberry Non Fat Lite Yogurt (1 each | 90 cal)
- Vanilla Non Fat Lite Yogurt (1 each | 90 cal)

OATMEAL BAR 12 guest minimum | \$3.39 per guest

Warm oatmeal served with a variety of toppings and milk.

- INCLUDES:**
- Steel Cut Oatmeal (8 oz. | 170 cal)
 - Brown Sugar (1 tbsp. | 45 cal)
 - Walnut Pieces (1 tbsp. | 50 cal)
 - Fresh Blueberries (1 tbsp. | 5 cal)
 - Cinnamon (1 tsp. | 5 cal)
 - Seedless Raisins (1 tbsp. | 25 cal)
 - Creamy Peanut Butter (1 tbsp. | 90 cal)
- CHOICE OF TWO MILKS:**
- Whole Milk (1 tbsp. | 10 cal)
 - Soy Milk (1 tbsp. | 10 cal)
 - 2% Milk (1 tbsp. | 10 cal)
 - Almond Milk (1 tbsp. | 5 cal)

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

BREAKFAST:
A LA CARTE,
continued



SEASONAL MINI GREEK YOGURT PARFAITS *12 guest minimum | \$3.29 per guest*

- Banana, Nutella, & Granola Yogurt Parfait ■ (1 mini parfait | 100 cal)
- Tropical Fruit & Granola Yogurt Parfait ■ (1 mini parfait | 70 cal)
- Blueberry, Lemon & Granola Yogurt Parfait ■ (1 mini parfait | 60 cal)

HOT BREAKFAST SANDWICHES

12 guest minimum | \$2.99 each

- Cage-Free Egg & Cheese Bagel ■ (each | 200 cal)
- Cage-Free Egg, Ham & Cheese Bagel (each | 230 cal)
- Cage-Free Egg, Sausage & Cheese Bagel (each | 390 cal)
- Cage-Free Egg & Cheese Biscuit ■ (each | 280 cal)
- Cage-Free Egg, Bacon & Cheese Biscuit (each | 310 cal)
- Cage-Free Egg, Ham & Cheese Biscuit (each | 310 cal)
- Cage-Free Egg, Sausage & Cheese Biscuit (each | 470 cal)
- Cage-Free Egg, Bacon & Cheese Bagel (each | 240 cal)

SIGNATURE HOT BREAKFAST SANDWICHES

12 guest minimum | \$4.99 each

- Cage-Free Egg & Cheese Croissant ■ (each | 190 cal)
- Cage-Free Egg, Bacon & Cheese Croissant (each | 220 cal)
- Cage-Free Egg, Ham & Cheese Croissant (each | 220 cal)
- Cage-Free Egg, Sausage & Cheese Croissant (each | 380 cal)
- Cage-Free Egg, Bacon & Cheese Croissant (each | 220 cal)

BREAKS: MORNING BREAKS



Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up & clean up.

MORNING MOXY 12 guest minimum | \$10.69 per guest

Power through your morning with fresh fruit, yogurt and/or overnight oats along with a selection of freshly-baked goods. Includes coffee & hot tea service. Includes condiments.

INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)

A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

Coffee & Tea Hot Service  (12 oz. | 0-5 cal)

CHOICE OF TWO PARFAITS:

Maple Oats with Spiced Apples   (1 mini parfait | 100 cal)

Nutella Oats With Banana  (1 mini parfait | 260 cal)

Tropical Overnight Oats  (1 mini parfait | 80 cal)

CHOICE OF THREE BAKED GOODS:

Mini Butter Croissant  (each | 80 cal)

Mini Chocolate Croissant  (each | 100 cal)


Apple Mini Danish  (each | 130 cal)

Cheese Mini Danish  (each | 140 cal)

Mini Maple Pecan Danish  (each | 170 cal)

Mini Raspberry Danish  (each | 130 cal)

Apple Cinnamon Muffin  (each | 180 cal)

Banana Streusel Muffin  (each | 230 cal)



BREAKS: AFTERNOON BREAKS







Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

TEA TIME

12 guest minimum | \$7.99 per guest



Tea Time comes with grissini, candied pecans, brownie bite and a refreshing Arnold Palmer.

- Grissini  (2 breadsticks | 45 cal)
A Thin crispy breadsticks brushed with olive oil and coarse salt
- Candied Cinnamon Pecans  (2 oz. | 160 cal)
- Truffled Brownie Bites  (2 each | 110 cal)
- Arnold Palmer (Iced Tea & Lemonade)  (8 oz. | 130 cal)

SWEET & SALTY

12 guest minimum | \$7.99 per guest









Sweet & Salty includes spiced snack mix, fruit and cheese platter, cookies and beverages.

- INCLUDES:**
- Snack Mix  (1/2 cup | 130 cal)
Rice and Corn Chex® blended with almonds, pretzels, tomato, Worcestershire sauce, celery salt & garlic
- Fruit & Cheese Platter  (3 oz. fruit + 1 oz. cheese | 140 cal)
Platter heaped with cubed cheeses, cheddar, swiss and provolone, an arrangement of fresh sliced melon, berries and grapes
- Assorted Crackers for Cheese (1 serving | 50 cal)
- CHOICE OF TWO COOKIES:**
- Chocolate Chip Cookie  (1 cookie | 150 cal)
- Peanut Butter Cookie  (1 cookie | 150 cal)
- Oatmeal Raisin Cookie  (1 cookie | 150 cal)
- Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

DIPS AND CHIPS

12 guest minimum | \$9.99 per guest











Start with a crudité platter and add your choice of deli chips and three dips.

- INCLUDES:**
- Crudité Platter  (3 oz. | 20 cal)
- CHOICE OF TWO CHIPS:**
- House-made Tortilla Chips  (12 chips | 90 cal)
- Pita Chips  (2 oz. | 150 cal)
- Sea Salt Dusted Deli Chips  (2 oz. | 90 cal)
- BBQ Dusted Deli Chips  (2 oz. | 90 cal)
- CHOICE OF THREE DIPS:**
- Dijon Ranch Dip  (2 tbsp. | 190 cal)
- Onion Cheese Dip (2 tbsp. | 70 cal)
- Roasted Red Pepper Hummus  (2 tbsp. | 60 cal)
- Baba Ghanoush  (2 tbsp. | 30 cal)
- Buffalo Chicken Blue Cheese Dip (2 tbsp. | 50 cal)

SNACK PACK




12 guest minimum | \$6.99 per guest

Snack Pack includes whole fruit, packaged snacks, granola bars and beverages.

- CHOICE OF TWO:**
- Apple  (each | 90 cal)
- Banana  (each | 140 cal)
- Orange  (each | 70 cal)
- CHOICE OF FOUR:**
- Almonds  (1.5 oz. | 250 cal)
- Rold Gold Tiny Twist Pretzels  (1 oz. | 110 cal)
- Potato Chips  (1.5 oz. | 240 cal)
- Cheeze-It Original  (1.5 oz. | 220 cal)
- Trail Mix  (1.5 oz. | 220 cal)
- Grandma's Big Chocolate Chip Cookies  (2.5 oz. | 340 cal)
- CHOICE OF ONE:**
- Granola Bar  (1 bar | 90 cal)
- Peanut Butter Granola Bar  (1 bar | 100 cal)
- Oats & Honey Granola Bar  (1 bar | 90 cal)
- Assorted Soft Drinks, Regular and Diet (12 oz. | 0-180 cal)

Boxed meals are ideal for informal lunch gatherings and are available for pick up or delivery & set up. Each option features a curated selection of the most popular salads or sandwich items all packaged into one easy-to-use boxed solution. Packaging includes eco-friendly service ware and cutlery.

CHOICE OF ONE:

Chocolate Brownie  (each | 220 cal) Two Cookies  (2 cookies | 310-330 cal)
 Blondie Bar  (each | 260 cal) Rice Krispies Bar (each | 280 cal)





CHOICE OF ONE:

Bottled Water  (20 oz. | 0 cal)
 Assorted Canned Soft Drinks, Regular and Diet (12 oz. | 0-150 cal)

BOXED MEALS



SIGNATURE SANDWICH LUNCH BOX 12 guest minimum | \$12.99 per guest

The Signature Lunch Box includes a sandwich or wrap, baked or regular potato chips   (1 bag | 140-220 cal), an apple   (1 piece | 70 cal), dessert (126-230) and drink (0-250 cal).


SELECT UP TO THREE:

HAM & GRUYERE ON SOURDOUGH (each | 620 cal)
 Smoked ham with gruyere cheese, lettuce, tomato and dijonaise on sourdough bread





NEW ENGLAND SHRIMP SALAD SANDWICH (each | 400 cal)
 Lemon chive shrimp salad with spring mix and tomato on sourdough bread

ROAST BEEF & WATERCRESS SANDWICH (each | 420 cal)
 Roast beef & cheddar cheese with horseradish, tomato and watercress on sourdough bread

CITRUS FLANK STEAK & CHIMICHURRI SANDWICH (each | 660 cal)
 Grilled lime marinated flank steak, red onion, lettuce, tomato with chimichurri sauce and mayonnaise on sourdough bread

MEDITERRANEAN BAGUETTE  (each | 300 cal)
 Roasted eggplant rings with hummus and roasted red peppers on a baguette

CLASSIC SANDWICH LUNCH BOX 12 guest minimum | \$10.29 per guest

The Classic Lunch Box includes a sandwich or wrap, baked or regular potato chips   (1 bag | 140-220 cal), an apple   (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal).

SELECT UP TO THREE:

ITALIAN TUNA AND PROVOLONE WRAP (each | 540 cal)
 Tuna salad with provolone, pickle chips, banana pepper rings, red onion and Italian dressing

CLASSIC TURKEY CLUB (each | 550 cal)
 Smoked turkey with Swiss cheese, bacon, lettuce, tomato and mayonnaise on sourdough bread

GRILLED CHICKEN CAESAR WRAP (each | 560 cal)
 Grilled chicken with romaine, parmesan, Caesar dressing and croutons in a hearty grain tortilla


TURKEY, CHEDDAR & CHIPOTLE MAYO SANDWICH (each | 550 cal)
 Turkey, cheddar cheese, lettuce, tomato and chipotle ranch on wheat berry bread



CURRIED CHICKEN SALAD & ALMOND SANDWICH (each | 510 cal)
 Oven roasted diced chicken with curry, apples, almonds, celery, grapes, mayonnaise and lettuce on wheat berry bread

GRILLED CHICKEN & GRUYERE ON WHEAT (each | 650 cal)
 Grilled chicken with gruyere, baby arugula, tomato and roasted pepper garlic aioli on wheat berry bread

BACON, LETTUCE & TOMATO SANDWICH (each | 480 cal)
 Bacon, lettuce, tomato and mayonnaise on sourdough bread

SMOKED HAM, BRIE AND APPLE ON SOURDOUGH (each | 520 cal)
 Smoked ham with brie cheese, Granny Smith apple, baby arugula & Dijonnaise on sourdough

LEMON BASIL ROASTED VEGETABLE SANDWICH  (each | 580 cal)
 Roasted zucchini, squash, peppers and onions with provolone cheese, lemon basil aioli on wheat berry bread

TANDOORI CAULIFLOWER AND PEPPER WRAP   (each | 300 cal)
 Tandoori spiced cauliflower, roasted red pepper mayo, baby spinach and red peppers in a flour tortilla

BOXED MEALS, continued



SIGNATURE SALAD LUNCH BOX 12 guest minimum | \$12.99 per guest

The Signature Salad Lunch Box includes choice of salad, dinner roll (1 piece | 110 cal), an apple (1 piece | 80 cal), dessert (126-230) and drink (0-250 cal). Includes condiments.

CHOICE OF THREE:

CAESAR SALAD WITH GRILLED STEAK (each | 710 cal)
Romaine lettuce topped with grilled steak, home-style croutons, shredded parmesan, served with Caesar dressing

CAESAR SALAD WITH GRILLED SHRIMP (each | 650 cal)
Romaine lettuce topped with grilled shrimp, home-style croutons, shredded parmesan, served with Caesar dressing

GARDEN SALAD WITH GRILLED STEAK (each | 240 cal)
Romaine lettuce & spring mix topped with grilled steak, grape tomatoes, cucumbers & shredded carrots

GARDEN SALAD WITH GRILLED SHRIMP (each | 190 cal)
Romaine lettuce & spring mix topped with grilled shrimp, grape tomatoes, cucumbers & shredded carrots

ASIAN RICE NOODLE SALAD (each | 450 cal)
Rice noodles tossed with carrots, red peppers & green onions with sesame oil & soy sauce

BLT SALAD (each | 290 cal)
Iceberg lettuce topped with crispy bacon & grape tomatoes, served with green goddess dressing

CLASSIC SALAD LUNCH BOXES 12 guest minimum | \$10.29 per guest

The Salad Lunch Box includes choice of salad, dinner roll (1 piece | 70 cal), an apple (1 piece | 70 cal), dessert (126-230 cal) and drink (0-250 cal). Includes condiments.

CHOICE OF THREE:

CAESAR SALAD (each | 510 cal)
Romaine lettuce topped with home-style croutons, shredded parmesan, served with Caesar dressing

CAESAR SALAD WITH GRILLED CHICKEN (each | 670 cal)
Romaine lettuce topped with grilled chicken, home-style croutons, shredded parmesan, served with Caesar dressing

CAESAR SALAD WITH PORTOBELLO (each | 660 cal)
Romaine lettuce topped with portobello, home-style croutons, shredded parmesan, served with Caesar dressing

GREEK SALAD (each | 100 cal)
Romaine lettuce and spring mix topped with grilled chicken, grape tomatoes, cucumbers and shredded carrots

MANDARIN ORANGE SPINACH SALAD (each | 150 cal)
Spinach, romaine and red leaf lettuce layered with mandarin oranges, red onion and toasted pepitas

HARVEST GRAIN BOWL (each | 460 cal)
sunrise rice blend, baby kale, simply roasted butternut squash, beets and brussels sprouts, served with lemon tahini parsley dressing

MINDFUL QUINOA SALAD (each | 160 cal)
quinoa with tomato, red pepper, hominy, cilantro and sherry vinaigrette over mixed greens





COLD BUFFETS


Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.

JR. EXECUTIVE BUFFET

12 guest minimum | \$16.49 per guest

Our Junior Executive Buffet includes choice of mini sandwiches, green salad, dinner roll with butter, Seasonal Fresh fruit tray, dessert and selection of cold beverages. Includes condiments.

INCLUDES:


Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)
A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

CHOICE OF THREE:




Classic Turkey Club Slider (each | 270 cal)
Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)
Curried Chicken, Apple & Almond Slider  (each | 210 cal)
Grilled Chicken Caesar Wrap  (each | 280 cal)
Grilled Chicken & Gruyere Slider (each | 260 cal)
Smoked Ham, Brie & Apple Slider (each | 300 cal)
Ham & Gruyere Slider (each | 270 cal)
Lemon Basil Roasted Vegetable Slider  (each | 290 cal)
Tandoori Cauliflower & Pepper Wrap  (each | 150 cal)

UPGRADE YOUR SANDWICH:





\$1.29 per selection

Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)
Roast Beef, Gruyere & Arugula Slider (each | 230 cal)
Peppered Beef & Roast Tomato Slider (each | 340 cal)
Basil Aioli Tuna Salad Slider (each | 440 cal)
Lemon Chive Shrimp Salad Slider  (each | 190 cal)

CHOICE OF ONE SALAD:

Herbed Salad Greens  (1 cup | 5 cal)
Classic Caesar Salad (1 cup | 180 cal)
Garden Salad  (1 cup | 10 cal)
Greek Salad  (1 cup | 20 cal)

CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)
Two Cookies (2 cookies | 150-160 cal)
Blondie Bar  (each | 60 cal)
Lemon Bar  (1 piece | 80 cal)
Fabulous Chocolate Chunk Brownie  (each | 120 cal)
Luscious Lemon Bar  (1 piece | 90 cal)

CHOICE OF TWO BEVERAGES:


Brewed Iced Tea  (8 oz. | 0 cal)
Sweet Tea  (8 oz. | 15 cal)
Lemonade  (8 oz. | 15 cal)
Orange Infused Water  (8 oz. | 0 cal)

EXECUTIVE BUFFET

12 guest minimum | \$20.99 per guest




Our Executive Buffet includes choice of mini sandwiches, green salad, dinner rolls with butter, seasonal fresh fruit tray, grain and bean salad, ambient vegetable platter, condiments and selection of cold beverages. Includes condiments.

INCLUDES:

Seasonal Sliced Fresh Fruit  (3 oz. | 35 cal)
A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries


Assorted Dinner Rolls with Butter  (each | 110 cal)

CHOICE OF THREE:




Classic Turkey Club Slider (each | 270 cal)
Turkey, Cheddar & Chipotle Mayo Slider (each | 260 cal)
Grilled Chicken Caesar Wrap  (each | 280 cal)
Grilled Chicken & Gruyere Slider (each | 260 cal)
Smoked Ham, Brie & Apple Slider (each | 300 cal)
Ham & Gruyere Slider (each | 270 cal)
Lemon Basil Roasted Vegetable Slider  (each | 280 cal)
Tandoori Cauliflower & Pepper Wrap  (each | 150 cal)

UPGRADE YOUR SANDWICH:




\$1.29 per selection

Flank, Cheddar & Chipotle Mayo Slider (each | 300 cal)
Roast Beef, Gruyere & Arugula Slider (each | 230 cal)
Peppered Beef & Roast Tomato Slider (each | 340 cal)
Basil Aioli Tuna Salad Slider (each | 440 cal)
Lemon Chive Shrimp Salad Slider  (each | 190 cal)

CHOICE OF ONE SALAD:

Classic Caesar Salad (1 cup | 180 cal)
Garden Salad  (1 cup | 10 cal)
Greek Salad  (1 cup | 20 cal)
Asian Rice Noodle Salad  (1 cup | 220 cal)





CHOICE OF ONE BEAN AND GRAIN SALAD:

Quinoa Cucumber Salad  (1/2 cup | 140 cal)
Southwestern Wheat Berry Salad  (1/2 cup | 90 cal)
Lemony Chickpea Salad  (1/2 cup | 100 cal)

CHOICE OF ONE VEGETABLE:

Zucchini, Hazelnuts & Parmesan Salad  (4 oz. | 140 cal)
Marinated Roasted Red Peppers  (4 oz. | 150 cal)
Roasted Red Potatoes with Cider Vinaigrette  (4 oz. | 170 cal)

CHOICE OF TWO DESSERTS:

Rice Krispie Bar (each | 70 cal)
Two Cookies  (2 cookies | 150-160 cal)
Fabulous Chocolate Chunk Brownie  (each | 60 cal)
Blondie Bar  (each | 60 cal)
Lemon Bar  (1 piece | 80 cal)
Yogurt Honey Mousse with Berries Tartlet (1 piece | 60 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea  (8 oz. | 0 cal)
Sweet Tea  (8 oz. | 15 cal)
Lemonade  (8 oz. | 15 cal)
Orange Infused Water  (8 oz. | 0 cal)

BUFFETS: TRADITIONS



Traditions buffet features comfort-style entrées paired with your choice of main entrée, vegetables, side dishes, salad and dessert. Includes dinner rolls with butter, cold beverages and appropriate condiments.

20 guest minimum | \$20.19 per guest

INCLUDES:

Assorted Dinner Rolls with Butter 🍞 (1 roll | 110 cal)

CHOICE OF ONE ENTRÉE:

POULTRY

Balsamic Grilled Chicken 🍗 (each | 180 cal)
 Kansas City BBQ Chicken Quarter (each | 430 cal)
 Grilled Jerk Chicken Breast 🍗 (each | 170 cal)
 Teriyaki Chicken 🍗 (each | 180 cal)
 Buttermilk Fried Chicken Thigh (each | 610 cal)
 Rotisserie Style Chicken with Gravy (each | 600 cal)

BEEF

Beef Meatloaf (4 oz. | 280 cal)
 Braised Pot Roast (4 oz. | 450 cal)
 Chicken Fried Steak with Cream Gravy (4 oz. | 400 cal)
 Balsamic Grilled Flank Steak (4 oz. | 230 cal)
 Home-style Meat Lasagna (each | 350 cal)

PORK

Baked Ziti with Italian Sausage (entrée | 650 cal)
 Smothered Pork Chops (1 chop + sauce | 200 cal)
 Herb Roasted Pork Loin w/ Pan Gravy (serving | 310 cal)
 Tuscan Roast Pork (4 oz. | 320 cal)

SEAFOOD

Beer Battered Fresh Pollock (1 fillet | 290 cal)
 Crispy Baked Catfish 🍷 (1 fillet | 220 cal)
 Grilled Salmon (1 fillet | 180 cal)
 Flounder Piccata (1 entrée | 250 cal)

VEGETARIAN/VEGAN

Homemade Macaroni & Cheese 🍝 (4 oz. | 220 cal)
 Eggplant Parmesan 🍝 (serving | 280 cal)
 Spelt & Almond-Stuffed Red Bell Pepper 🌶️ (half pepper | 380 cal)
 Mushroom & Okra Stew with Brown Rice 🍲 (serving | 270 cal)
 Vegetarian Lentil Shepherd's Pie 🍲 (serving | 310 cal)

Add an additional entree for \$4.00 per guest.

CHOICE OF ONE VEGETABLE:

Sliced Roasted Carrots 🥕🌿 (4 oz. | 70 cal)
 Sautéed Broccoli & Garlic 🥦🌿 (4 oz. | 45 cal)
 Roasted Cauliflower 🥦🌿 (4 oz. | 70 cal)
 Charred Brussels Sprouts 🥦🌿 (4 oz. | 25 cal)
 Roasted Garlic Green Beans 🥬🌿 (4 oz. | 60 cal)
 Grilled Balsamic Zucchini 🥒🌿 (4 oz. | 25 cal)

CHOICE OF ONE SIDE:

Roasted Rosemary Red Bliss Potatoes 🥔🌿 (4 oz. | 120 cal)
 Garlic Mashed Potatoes 🍟 (4 oz. | 170 cal)
 Macaroni & Cheese 🍝 (4 oz. | 140 cal)
 Whipped Sweet Potatoes 🍠 (4 oz. | 150 cal)
 Au Gratin Potato 🍟 (4 oz. | 200 cal)
 Roasted Greek Fries 🥔🌿 (4 oz. | 110 cal)

CHOICE OF ONE SALAD:

Mandarin Orange Spinach Salad 🍊🌿 (1 cup | 70 cal)
 Classic Caesar Salad (1 cup | 180 cal)
 Garden Salad 🌿 (1 cup | 10 cal)
 Greek Salad 🥗 (1 cup | 20 cal)

CHOICE OF ONE COLD SIDE:

German Potato Salad 🥔 (4 oz. | 140 cal)
 Country Potato Salad 🍟 (4 oz. | 180 cal)
 Classic Carolina Cole Slaw 🥬🌿 (4 oz. | 160 cal)
 Balsamic Broccoli Pasta Salad 🥦🍝 (4 oz. | 120 cal)
 Classic Macaroni Salad 🍝 (4 oz. | 280 cal)
 Brussels Sprout Slaw with Almonds 🥦 (4 oz. | 190 cal)

CHOICE OF ONE DESSERT:

Dutch Apple Pie 🍏 (1 slice | 430 cal)
 Pecan Pie (1 slice | 540 cal)
 Chocolate Cream Pie 🍫 (1 slice | 300 cal)
 Lemon Meringue Pie 🍰 (1 slice | 340 cal)
 Pumpkin Pie 🍠 (1 slice | 370 cal)
 New York Cheesecake 🍰 (1 slice | 400 cal)
 Double Chocolate Layer Cake 🍰 (1 slice | 410 cal)

CHOICE OF TWO BEVERAGES:

Brewed Iced Tea 🍷 (8 oz. | 0 cal)
 Sweet Tea 🍷 (8 oz. | 15 cal)
 Lemonade 🍷 (8 oz. | 15 cal)
 Orange Infused Water 🍷 (8 oz. | 0 cal)



BUFFETS: THEMED BUFFETS



Take a culinary journey around the world with Flavour's themed buffets. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up.








CHOICE OF TWO BEVERAGES:

- Brewed Iced Tea  (8 oz. | 0 cal)
- Sweet Tea  (8 oz. | 15 cal)
- Lemonade  (8 oz. | 15 cal)
- Orange Infused Water  (8 oz. | 0 cal)

SOUTHERN ITALIAN

20 guest minimum | \$17.99 per guest








Buon appetite of Southern Italian sides, salads, entrée, dessert and condiments.

- Orecchiette Puttanesca  (1 cup | 200 cal)
- Calabrian Chile Roasted Chicken  (4 oz. | 170 cal)
- Caponata  (3 oz. | 60 cal)
- Cannellini Beans w/Tomato & Rosemary  (1/2 cup | 80 cal)
- Fennel, Arugula & Ricotta Salad  (3 oz. | 120 cal)
- Herb Focaccia Bread  (1 piece | 240 cal)
- Tiramisu Sweet Shot  (each | 240 cal)

PLANT-BASED MEXICAN

20 guest minimum | \$17.99 per guest




Take a trip south of the border with plant-based salads, sides, entrée, dessert and condiments.

- Vegetable & Black Bean Quesadilla  (1 quesadilla | 500 cal)
- Roasted Chili & Sweet Corn Tamale  (2 tamale | 90 cal)
- Spanish Rice  (1/2 cup | 90 cal)
- Baja Black Beans  (1/2 cup | 100 cal)
- Tri-Color Corn Tortilla Chips  (1/2 cup | 80 cal)
- Pico De Gallo  (2 tbsp. | 0 cal)
- Western Style Guacamole  (2 tbsp. | 50 cal)
- Mexican Chocolate Chile Cookie  (1 cookie | 220 cal)

FARMER'S MARKET

20 guest minimum | \$20.89 per guest






Selection of farm-fresh favorites including sides, salads, entrée, dessert, condiments and beverages.

- Buttermilk Fried Chicken Thigh (1 thigh | 310 cal)
- Spring Pea Cakes, Feta and Pea Shoots  (2 cakes | 250 cal)
- Baby Kale, Red Onion & Fennel Salad  (1/2 cup | 160 cal)
- Grape Tomato Salad  (1/2 cup | 150 cal)
- Black Eyed Pea & Corn Salad  (1/2 cup | 90 cal)
- Cornbread  (1 piece | 200 cal)
- Yogurt Honey Mousse with Berries Tartlet (1 tartlet | 60 cal)







DIM SUM

20 guest minimum | \$20.89 per guest

Dim Sum Buffet includes Asian appetizer, salad and dessert favorites. Buffet includes condiments and beverages.

- Lemongrass Chicken Potsticker (3 potstickers | 140 cal)
- Pork Potstickers (3 potstickers | 190 cal)
- Fried Spring Rolls  (2 rolls | 110 cal)
- Asian Rice Noodle Salad  (1/2 cup | 450 cal)
- Asian Cucumber & Carrot Salad  (1/2 cup | 30 cal)
- Vegetable Fried Rice  (1/2 cup | 160 cal)
- Machta Donut Holes  (3 donut holes | 150 cal)














CHOICE OF TWO BEVERAGES:

- Brewed Iced Tea  (8 oz. | 0 cal)
- Sweet Tea  (8 oz. | 20 cal)
- Lemonade  (8 oz. | 70 cal)
- Orange Infused Water  (8 oz. | 0 cal)
- Cucumber Mint Infused Water  (8 oz. | 0 cal)
- Honeydew Cucumber Mint Infused Water  (8 oz. | 0 cal)

TEX MEX

20 guest minimum | \$18.99 per guest

Tex Mex tacos with sides, condiments, dessert and condiments.

- 6" Pressed Flour Tortillas  (2 tortillas | 180 cal)
- 6" White Corn Table Tortillas  (2 tortillas | 110 cal)
- Beef Taco Meat (3 oz. | 160 cal)
- Cumin Grilled Chicken  (3 oz. | 150 cal)
- Spanish Rice  (1/4 cup | 90 cal)
- Tex Mex Veggies  (1/2 cup | 80 cal)
- Shredded Lettuce  (1/4 cup | 0 cal)
- Fresh White Onions  (1 tbsp. | 15 cal)
- Pico De Gallo  (2 tbsp. | 5 cal)
- Sour Cream  (2 tbsp. | 60 cal)
- Shredded Cheddar Cheese  (2 tbsp. | 60 cal)
- Western Style Guacamole  (2 tbsp. | 50 cal)
- Sliced Jalapeno Peppers  (2 tbsp. | 0 cal)
- Mexican Chocolate Chile Cookie  (2 cookies | 220 cal)

PLATED MEALS



Plated meals offer an elegant option to welcome guests and celebrate important milestones. Entrées are paired with sides, chef-selected sauces and beverages. Select the perfect soup or salad and dessert for your guests. Pricing includes linen cloths and napkins for guest seating. Selections are presented on china which are available upon request. **12 guest minimum**

INCLUDES

Assorted House Rolls with Butter 🍞	(1 roll 150 cal)
Coffee & Hot Tea Service ☕	(12 oz. 0-5 cal)
Brewed Iced Tea 🍵	(8 oz. 0 cal)
Iced Water 🍷	(8 oz. 0 cal)

CHOICE OF ONE SOUP OR SALAD:

SOUP

Amaranth & Chickpea Soup with Pesto 🍲	(6 oz. 300 cal)
Tuscan Chickpea & Tomato Stew 🍲	(6 oz. 70 cal)
Curry Cauliflower Soup 🍲	(6 oz. 45 cal)
New England Clam Chowder	(6 oz. 170 cal)
Old Fashioned Chicken Noodle Soup 🍲	(6 oz. 100 cal)
Chicken Posole	(6 oz. 130 cal)

SALAD SERVED WITH A CHOICE OF DRESSING

Traditional Caesar Salad	(1 salad 350 cal)
Traditional Garden Salad 🍃	(1 salad 25 cal)
Romaine Wedge Salad 🍷	(1 salad 270 cal)
Carrot, Orange & Mint Salad 🍷	(1 salad 340 cal)
Mixed Italian Salad 🍃	(1 salad 300 cal)

CHOICE OF ONE DESSERT:

Lemon Meringue Pie 🍰	(1 slice 340 cal)
Southern Pecan Pie 🍰	(1 slice 520 cal)
Dutch Apple Pie 🍰	(1 slice 410 cal)
Iced Carrot Layer Cake 🍰	(1 slice 460 cal)
Double Chocolate Layer Cake 🍰	(1 slice 410 cal)
Crème Brûlée 🍰	(1 slice 590 cal)
Fresh Fruit Tart 🍰	(1 slice 280 cal)
Grilled Pineapple with Almond Cream 🍍	(1 serving 80 cal)

PLATED MEALS, continued



POULTRY

ADOBO ROASTED TURKEY BREAST 🍴 \$19.79 per guest (1 entrée | 90 cal)
Oven roasted turkey breast basted with chipotle garlic honey cider rub served with grilled zucchini with coriander, saffron rice pilaf

LEBANESE AIRLINE CHICKEN BREAST \$23.99 per guest (1 entrée | 270 cal)
Grilled chicken breast marinated with lemon, olive oil and garlic served with grilled eggplant, tahini and pomegranate

CALABRIAN CHILE ROASTED CHICKEN \$19.79 per guest (1 entrée | 380 cal)
Roasted chicken breast with grilled lemon and Calabrian chile vinaigrette served with charred broccoli rabe and creamy polenta seasoned with garlic and parmesan

PORK

HONEY & FIVE SPICE PORK LOIN \$19.79 per guest (1 entrée | 280 cal)
Roasted pork loin coated with honey, soy sauce, sesame oil, fresh garlic, ginger and five spice powder served with sesame shiitake bok choy and jasmine steamed rice

APPLE CIDER GLAZED PORK TENDERLOIN 🍴 \$19.79 per guest (1 entrée | 220 cal)
Rosemary, orange and ginger pork tenderloin poached in apple cider broth served with charred Brussels sprouts and smashed sweet potatoes

BEEF

LIME MARINATED FLANK STEAK \$27.99 per guest (1 entrée | 250 cal)
Char-grilled flank steak marinated in lime juice, garlic and fresh cilantro served with coconut jasmine rice and grilled corn succotash

BRAISED BEEF SHORT RIBS \$27.99 per guest (1 entrée | 330 cal)
Boneless beef short ribs marinated with shallots, carrots, leeks, and a splash of orange juice, braised to perfection served with braised kale and roasted sweet and spicy root vegetables

PEPPERY BEEF TENDERLOIN Market Price per guest (1 entrée | 330 cal)
Beef tenderloin oven roasted with a coating of cracked black pepper served with parsnip whipped potatoes and grilled broccolini

SEAFOOD

GRILLED MAHI MAHI 🍴 \$26.99 per guest (1 entrée | 100 cal)
Grilled mahi mahi seasoned with kosher salt, black pepper and parsley served with coconut jasmine rice and sesame shiitake bok choy

PAN-SEARED FRESH SCALLOPS Market Price per guest (1 entrée | 130 cal)
Fresh scallops, extra virgin olive oil, kosher salt and black pepper served with sautéed spinach and creamy cauliflower puree

GRILLED FRESH SALMON \$29.99 per guest (1 entrée | 270 cal)
Fresh salmon grilled with only extra virgin olive oil, kosher salt and black pepper served with sesame lemongrass jasmine rice and shitake bok choy

PARMESAN PANKO CRUSTED TILAPIA \$21.79 per guest (1 entrée | 170 cal)
Tilapia baked with a parmesan and chili powder panko breadcrumb topping served with sautéed kale and oven-roasted Greek fries

VEGETARIAN/VEGAN

PENNE PASTA WITH ASPARAGUS & FONTINA 🍴 \$19.79 per guest (1 entrée | 630 cal)
Penne pasta with asparagus, fresh basil and oregano in a fontina cheese cream sauce

PEA CAKES, FETA & PEA SHOOTS 🍴 \$19.79 per guest (1 entrée | 250 cal)
Spring pea cakes with feta and pea shoots

ALMOND BUTTER, SPELT & MUSHROOM RISOTTO 🍴🌱 \$19.79 per guest (1 entrée | 260 cal)
Wild mushrooms, creamy almond butter and spelt risotto

GINGER MISO TOFU 🌱 \$19.79 per guest (1 entrée | 310 cal)
Tofu seared with ginger, miso, mirin, green onions and red chile served with sesame lemongrass jasmine rice and Napa cabbage with kale and garlic

PLATTERS, DESSERTS & SNACKS

A wide variety of platters from seasonal fruit trays to artisanal cheese platters with domestic & imported cheeses. A perfect addition to a reception, meeting or luncheon. Selections from these menus are presented buffet style. Services include delivery, linen-draped service tables, eco-friendly service ware, set up and clean up. 12 guest minimum.

PLATTERS

FRESH SEASONAL SLICED FRUIT PLATTER   (3 oz. | 35 cal)

12 guest minimum | \$3.99 per guest

A seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

FRESH VEGETABLE CRUDITÉ PLATTER   (3 oz. | 20-160 cal)

12 guest minimum | \$2.99 per guest

A rainbow of crunchy fresh vegetables served with dip

FRUIT & CHEESE PLATTER  (3 oz. fruit + 1 oz. cheese | 140-190 cal)

12 guest minimum | \$4.99 per guest

Platter heaped with cubed cheeses, cheddar, swiss and provolone, & an arrangement of sliced fresh melon, berries, and grapes. Served with crisp bread.

IMPORTED & DOMESTIC CHEESE PLATTER  (3 oz. | 280 cal)

12 guest minimum | \$4.49 per guest

Wedges of imported & domestic cheeses with clusters of grapes and whole wheat crackers

MEZZE  (1 serving | 0-40 cal)

25 guest minimum | \$10.99 per guest

A Middle Eastern selection of dishes including tabbouleh, hummus, baba ghanoush, cucumbers, plum tomatoes, stuffed grape leaves, olives, feta cheese and pickled red onions. Served with pita bread.


CHEESE & CHARCUTERIE PLATTER (1 serving | 5-180 cal)


25 guest minimum | \$13.99 per guest

Domestic and imported cheese with cured meats, olives, whole grain mustard, fig spread, grissini and crostini

DESSERTS

COOKIES \$13.49 per dozen

Chocolate Chip Cookie  (1 cookie | 160 cal)

Peanut Butter Cookie  (1 cookie | 150 cal)


Oatmeal Raisin Cookie  (1 cookie | 150 cal)

Butter Sugar Cookies  (1 cookie | 160 cal)

Double Chocolate Chip Cookies  (1 cookie | 160 cal)

BROWNIES AND BARS

Blondie Bar  \$14.49 per dozen (1 piece | 60 cal)

Chocolate Brownie  \$14.49 per dozen (1 piece | 60 cal)

Lemon Bar  \$16.49 per dozen (1 piece | 80 cal)

7 Layer Dessert Bar  \$16.49 per dozen (1 piece | 160 cal)

CUPCAKES \$1.99 each; 12 each minimum per selection

Choice of Three:

Carrot Cupcake  (1 cupcake | 260 cal)

Yellow Cupcakes with Fudge Icing  (1 cupcake | 300 cal)

Red Velvet Cupcakes  (1 cupcake | 310 cal)

Rocky Road Cupcakes (1 cupcake | 280 cal)

Orange Angel Cupcakes  (1 cupcake | 160 cal)

SNACKS

TRAIL MIX  (1 oz. | 150 cal)

\$14.99 per pound

MIXED NUTS WITHOUT PEANUTS  (1 oz. | 170 cal)

\$18.99 per pound

GRANOLA BARS \$1.99 each

Chewy Granola Bar  (1 bar | 90 cal)

Peanut Butter Granola Bar   (1 bar | 100 cal)

Oats & Honey Granola Bar   (1 bar | 90 cal)

FRUIT

Mixed Fruit Cup   12 guest minimum | \$2.59 each (each | 35 cal)

Mixture of cantaloupe, honeydew melon, pineapple & red grapes

Seasonal Sliced Fresh Fruit Platter   12 guest minimum | \$3.99 per guest (3 oz. | 35 cal)

A platter of fresh seasonal array of sliced sweet melon, pineapple, oranges, grapes and berries

Apples   \$1.09 each (each | 90 cal)


Bananas   \$1.09 each (each | 140 cal)

Orange  \$1.09 each (each | 70 cal)

Grapes   \$1.09 each (3 oz. | 60 cal)

CHIPS & PRETZELS \$2.49 each

Assorted Bagged Chips  (1 bag | 190-230 cal)

Rold Gold Tiny Twist Pretzels  (1 bag | 110 cal)

Baked Potato Chips   (1 bag | 140 cal)

Assorted Sunchips   (1 bag | 210 cal)

Root Vegetable Chips   (1 bag | 150 cal)



2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

CHEF ATTENDED CARVING STATIONS



The perfect addition to a buffet or plated meal. A Chef Attended carving stations give your guests something special to enjoy at your event. These stations require an attendant and our team will reach out to you to discuss.

THE CARVERY: BEEF CARVING STATION 20 guest minimum

Beef carved to order by one of our chefs. Accompanied by roasted potatoes, green beans almandine, Caesar salad and dinner rolls with butter. Includes horseradish mayonnaise and whole grain mustard.


- Roasted Rosemary Red Bliss Potatoes  (4 oz. | 120 cal)
- Fresh Green Beans Almandine  (5 oz. | 60 cal)
- Classic Caesar Salad (1/2 cup | 90 cal)
- White Dinner Rolls  (1 roll | 80 cal)
- Au Jus (2 tbsps. | 0 cal)
- Horseradish Mayonnaise (1 tbsp. | 80 cal)
- Whole Grain Mustard  (1 tbsp. | 20 cal)

Choice of One Beef Selection:

- Beef Tenderloin with Herb Crust (3 oz. | 240 cal) 20 guest minimum | Market Price per guest
- Roasted Strip Loin (3 oz. | 220 cal) 20 guest minimum | Market Price per guest

THE CARVERY: PORK CARVING STATION 20 guest minimum | \$12.49 per guest

BBQ Pork Loin with Texas Smokehouse BBQ sauce, carved to order by one of our chefs. Accompanied by baked beans, country-style potato salad, classic Carolina slaw, Greek salad and dinner rolls with butter.

- BBQ Pork Loin (3 oz. | 230 cal)
- Baked Beans (1/2 cup | 160 cal)
- Country-Style Potato Salad  (1/2 cup | 190 cal)
- Classic Carolina Cole Slaw  (1/2 cup | 160 cal)
- Greek Salad  (1/2 cup | 10 cal)
- White Dinner Rolls  (1 roll | 80 cal)
- Texas Smokehouse BBQ Sauce  (2 tbsps. | 20 cal)

THE CARVERY: TURKEY CARVING STATION 20 guest minimum | \$10.49 per guest

Roasted turkey breast, carved to order by one of our chefs. Served with gravy, chutney, whipped sweet potatoes, braised collard greens and dinner rolls.

- Roasted Turkey Breast  (3 oz. | 90 cal)
- Whipped Sweet Potatoes  (1/2 cup | 150 cal)
- Braised Collard Greens  (1/2 cup | 90 cal)
- Cranberry Chutney (1 tbsp. | 20 cal)
- White Dinner Rolls  (1 roll | 80 cal)
- Whole Grain Mustard  (1 tbsp. | 20 cal)
- Turkey Gravy (2 tbsps. | 10 cal)



CHEF ATTENDED SPECIALTY STATIONS



The perfect addition to a buffet or plated meal, Chef Attended stations give your guests something extra special to enjoy. These stations require an attendant & our team will reach out to you to discuss.

CHEF-MADE CAESAR

20 guest minimum | \$6.59 per guest

Embrace the origins of the Caesar salad with a tossed to order presentation.

Chopped Romaine Lettuce	(2 cups 15 cal)
Fresh Baby Kale	(2 cups 15 cal)
Caesar Salad Dressing	(1 oz. 130 cal)
Shredded Parmesan Cheese	(1/2 tbsp. 10 cal)
Fried Capers & Lemon Zest Topping	(1/2 tbsp. 40 cal)
Cage-Free Hard-Boiled Eggs	(1/2 tbsp. 10 cal)
Seasoned Home-style Croutons	(1/2 oz. 60 cal)

CHOICE OF ONE PROTEIN:

Grilled Chicken Breast	(1/4 cup 80 cal)
Balsamic Marinated Portobello Mushrooms	(1/4 up 80 cal)
Grilled Shrimp +\$2.00 per guest	(2 shrimp 60 cal)
Grilled Flank Steak +\$2.00 per guest	(1/4 cup 100 cal)

STUFFED PASTAS

20 guest minimum | \$7.99 per guest

Combining stuffed pastas with fresh ingredients and choice of sauce.

INCLUDED:

Roasted Mushrooms	(1 oz. 10 cal)
Grissini	(1 breadstick 45 cal)
Baby Spinach	(1/4 cup 0 cal)
Fresh Tomatoes	(2 tbsp. 0 cal)
Parmesan Toasted Bread Crumbs	(1 tbsp. 35 cal)
Parmesan Cheese	(1 tbsp. 10 cal)

CHOICE OF ONE PASTA:

Cheese Tortellini	(1/2 cup 150 cal)
Cheese Ravioli	(3 ravioli 90 cal)
Mushroom Ravioli	(3 ravioli 140 cal)
Spinach Cheese Ravioli	(3 ravioli 230 cal)

CHOICE OF ONE PASTA SAUCE:

Parmesan Cream Sauce	(1 oz. 120 cal)
Basil Marinara Sauce	(2 oz. 10 cal)
Basil Pesto Sauce	(1 tbsp. 80 cal)

MEDITERRANEAN

20 guest minimum | \$7.99 per guest

CHOICE OF TWO:

CHICKEN SHAWARMA & TABBOULEH BOWL (1 bowl | 450 cal)

Shawarma chicken over Tabbouleh & greens with hummus, tzatziki sauce, tomato salad & seasoned pita chips

ZUCCHINI PANCAKES & BASMATI

RICE BOWL (1 bowl | 470 cal)

Zucchini pancakes over greens, & basmati rice with hummus, tzatziki sauce, pickled red onions & seasoned pita chips

BEEF KAFTA & TABBOULEH BOWL (1 bowl | 540 cal)

Beef kafta over Tabbouleh & greens with hummus, tzatziki sauce, tomato salad & seasoned pita chips

FALAFEL & BASMATI RICE BOWL (1 bowl | 490 cal)

Falafel over basmati rice & greens with hummus, tzatziki sauce, pickled red onions & seasoned pita chips

A selection of Hors D'oeuvres by the dozen. Mix and match to create the perfect event. Paired with chef-selected sauce where appropriate. 3 dozen minimum per selection.

POULTRY

- SANTA FE CHICKEN EGG ROLL** (1/2 egg roll | 100 cal)
\$24.99 per dozen
- CHICKEN DIABLO EMPANADAS** (1 empanada + sauce | 240 cal)
\$24.99 per dozen
- STEAMED LEMONGRASS CHICKEN DUMPLING** (1 dumpling | 40 cal)
\$19.99 per dozen
- GREEK TURKEY MEATBALL** (1 canape | 50 cal)
\$14.99 per dozen
- COCONUT CHICKEN SATAY** (each | 30 cal)
\$19.99 per dozen
- CORDON BLEU BITES** (1 bite | 80 cal)
\$19.99 per dozen

PORK AND LAMB

- BACON WRAPPED DATE** (1 canape | 45 cal)
\$16.99 per dozen
- BACON, FIG & SMOKED GOUDA TARTLET** (1 canape | 60 cal)
\$19.99 per dozen
- SERRANO HAM & MANCHEGO CHEESE CROQUETTE** (1 canape | 80 cal)
\$19.99 per dozen
- MINIATURE CUBAN SANDWICH** (1 canape | 90 cal)
\$19.99 per dozen
- BBQ PORK SLIDER** (1 canape | 200 cal)
\$24.99 per dozen

BEEF

- CENTER CUT FILET OF BEEF CANAPE** (1 canape | 50 cal)
\$20.99 per dozen
- ASIAN BEEF SATAY CANAPE** (1 canape | 45 cal)
\$21.99 per dozen
- CHEESEBURGER SLIDERS** (1 canape | 190 cal)
\$24.99 per dozen
- BURGER SLIDER** (1 canape | 180 cal)
\$24.99 per dozen
- BARBEQUE MEATBALLS** (1 meatball + sauce | 70 cal)
\$15.99 per dozen

SEAFOOD

- CRISPY COCONUT SHRIMP** (1 canape | 80 cal)
\$24.99 per dozen
- CRAB, ARTICHOKE & SPINACH TARTLET** (1 canape | 50 cal)
\$24.99 per dozen
- FRIED LOBSTER MAC & CHEESE** (1 canape | 70 cal)
\$24.99 per dozen

HORS D'OEUVRES: A LA CARTE



VEGETARIAN/VEGAN

- SICILIAN ARANCINI** (each | 90 cal)
\$19.99 per dozen
- VEGETABLE SAMOSAS** (1 samosa | 130 cal)
\$19.99 per dozen
- STEAMED EDAMAME DUMPLING** (1 dumpling | 45 cal)
\$19.99 per dozen

PREMIUM SELECTIONS

- JUMBO LUMP CRAB CAKE** (each | 70 cal)
\$36.99 per dozen
- MINI BEEF WELLINGTON** (each | 70 cal)
\$39.99 per dozen
- SEAFOOD STUFFED MUSHROOM CAPS** (each | 15 cal)
\$29.99 per dozen

COLD HORS D'OEUVRES

3 dozen minimum per selection

- SHRIMP COCKTAIL WITH CAJUN REMOULADE** (shrimp + sauce | 190 cal)
\$24.99 per dozen
- PROSCIUTTO WRAPPED CANTALOUPE** (1 wedge + 1 sauce | 110 cal)
\$24.99 per dozen
- COOL SALMON CANAPES** (1 canapé | 60 cal)
\$19.99 per dozen
- CURRIED CHICKEN & GOLDEN RAISIN TARTLETS** (1 phyllo cup | 140 cal)
\$24.99 per dozen
- CUCUMBER ROUNDS WITH FETA & TOMATO** (1 piece | 40 cal)
\$14.99 per dozen
- CARAMELIZED ONION & WHITE BEAN CROSTINI** (1 slice | 120 cal)
\$14.99 per dozen
- GOAT CHEESE & HONEY PHYLLO CUPS** (1 phyllo cup | 90 cal)
\$24.99 per dozen
- BLACK CURRANT & BRIE CROSTINI** (1 slice | 90 cal)
\$14.99 per dozen





BEVERAGES




Selection of cold and hot beverages including tea, coffee, water, iced tea, juices, sodas and waters.

HOT BEVERAGES

Served with appropriate condiments.

Coffee and Hot Tea Service 	(12 oz. 0-5 cal)
\$3.29 per guest	
Brewed Regular Coffee 	(12 oz. 0-5 cal)
\$18.59 per gallon	
Brewed Decaffeinated Coffee 	(12 oz. 0-5 cal)
\$18.59 per gallon	
Tea Bags with Hot Water 	(12 oz. 0-5 cal)
\$14.29 per gallon	
Hot Chocolate 	(8 oz. 190 cal)
\$14.29 per gallon	
Hot Apple Cider 	(8 oz. 120 cal)
\$19.99 per gallon	

JUICE

Orange Juice 	(8 oz. 15 cal)
\$18.59 per gallon	
Apple Juice 	(8 oz. 110 cal)
\$18.59 per gallon	
Cranberry Juice Cocktail 	(8 oz. 25 cal)
\$18.59 per gallon	



TEA & LEMONADE

Brewed Iced Tea 	(8 oz. 0 cal)
\$15.99 per gallon	
Lemonade 	(8 oz. 5 cal)
\$15.99 per gallon	

WATER STATION

Ice Water	(8 oz. 0 cal)
\$10.99 per 3 gallons	
Orange Infused Water 	(8 oz. 0 cal)
\$14.29 per 3 gallons	
Cucumber Mint Infused Water 	(8 oz. 0 cal)
\$14.29 per 3 gallons	

INDIVIDUAL BEVERAGES

Assorted Bottled Juice 	(each 80-170 cal)
\$2.99 each	
Assorted Bottled Water 	(each 0 cal)
\$1.99 each	
Assorted Bottled Sparkling Water 	(each 0 cal)
\$2.29 each	
Assorted Canned Soft Drinks, Regular and Diet 	(12 oz, 0-150 cal)
\$1.69 each	
Bottled Unsweetend Tea	(20 oz, 0 cal)
\$2.49 each	
Bottled Sweet Tea	(20 oz, 120 cal)
\$2.99 each	

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

FLAVOURS

TASTE : SUCCESS